

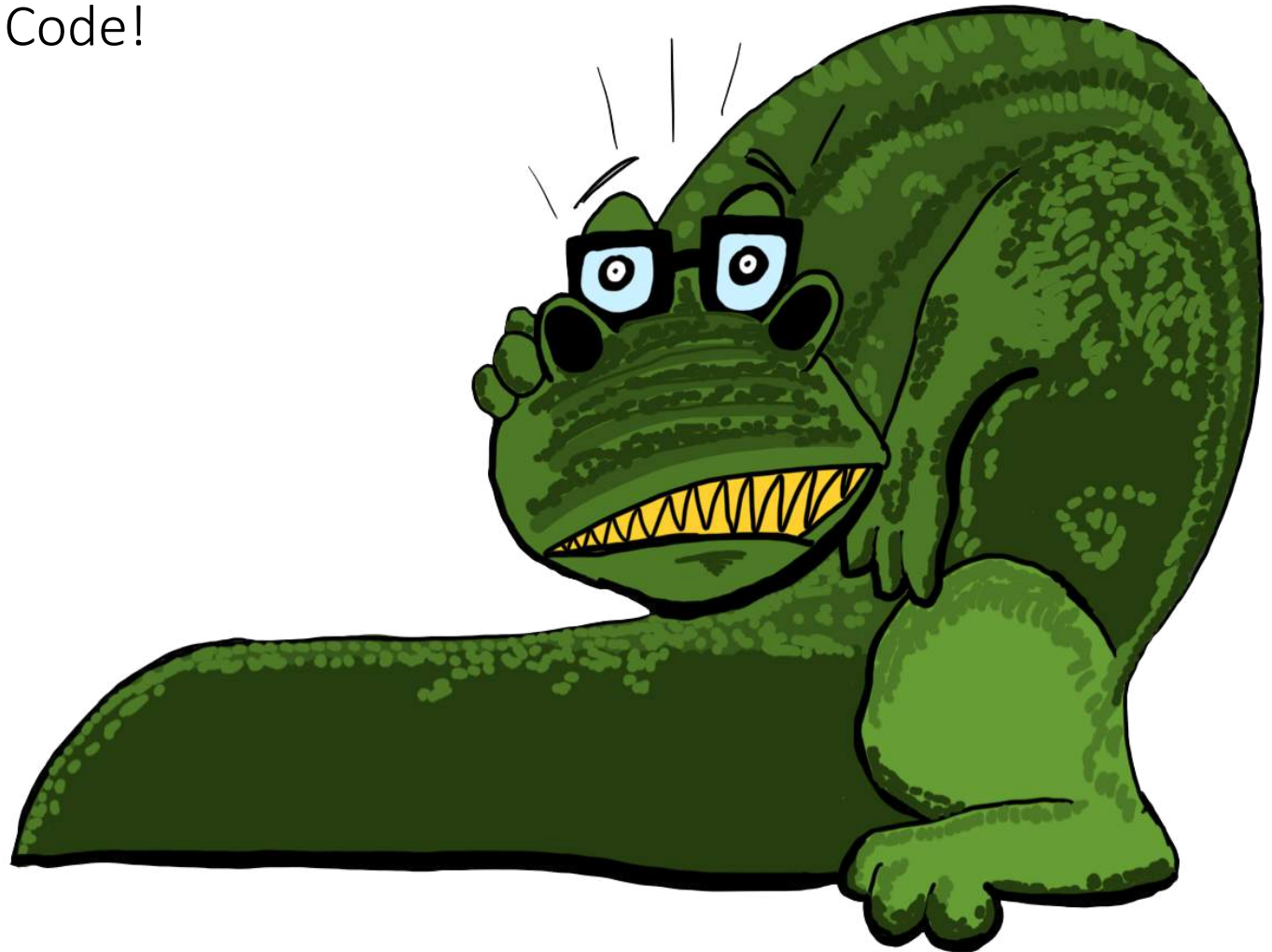
THE
REMARKABLES

PROFESSIONAL SUPER HERO EDUCATION

FOR CHILDREN EVERYWHERE



To access the power points and resources for the lesson shown in this pack please go to www.thinkably.org and click on the Remarkables tab under Education.
Or Scan the QR Code!





THE PURPOSE OF THE PACK

This education pack is to correspond with the Remarkables book series. It is to help children understand the characters more and see themselves in the same problems and issues our group of superhero's experience.

In this pack we have lessons around body image, knife and street crime, loneliness, loss, coping with stress, anxiety, extremism, friendship and many other subjects children are having to face more and more in our world.

Using our superhero's to teach these subjects in the classroom can actively help your class be more excited and interested to engage with these worldwide issues.

CONTENTS

Meet the Remarkables

Become a Hero!

1-Plastic Oceans

2-Anxiety

3-Body Image

4-Bullying

5-Extremism

6-Modern Slavery

7-Racism

8-Street Crime

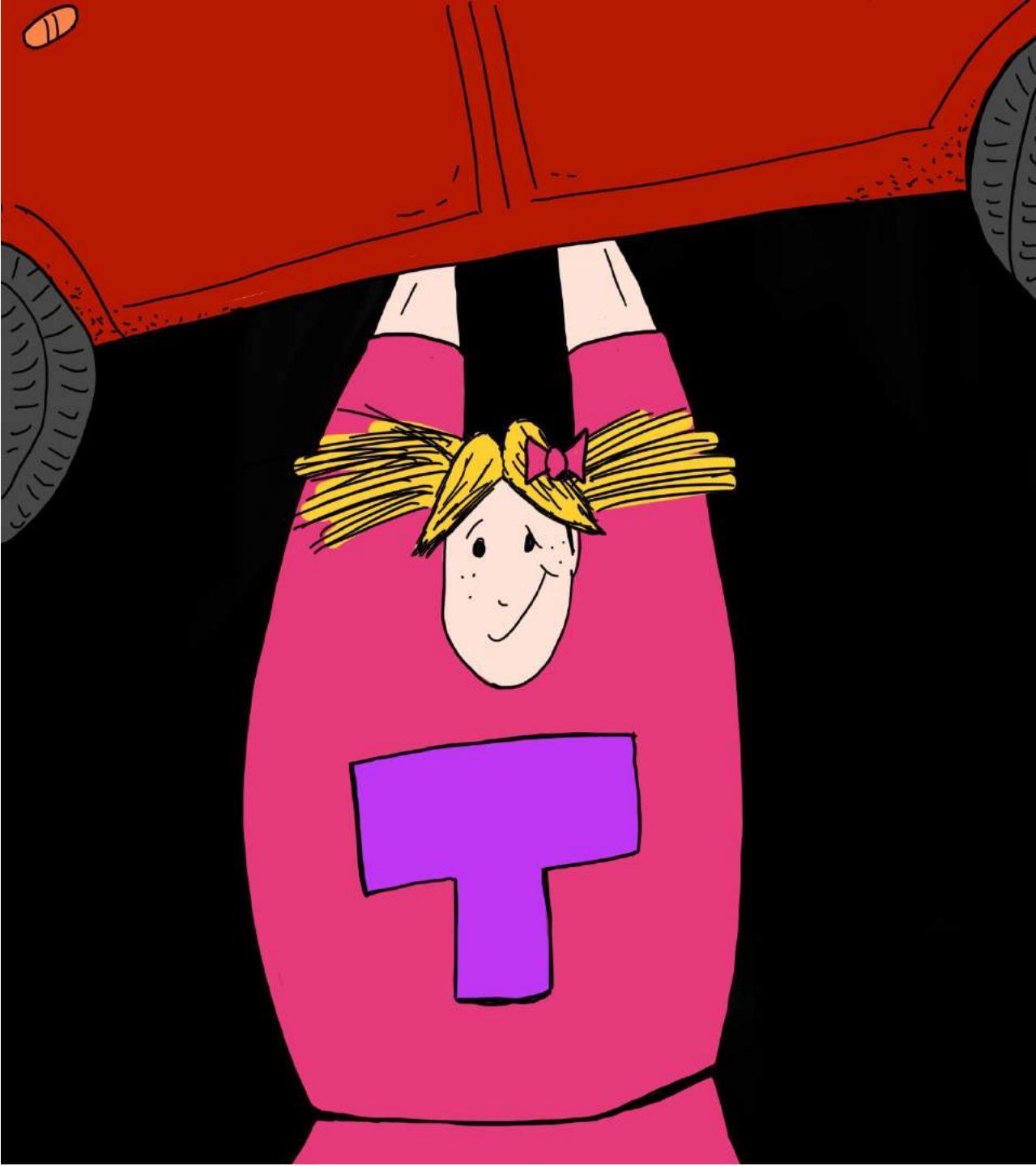
9-Tech

10-Health



MEET THE REMARKABLES

TO INSPIRE YOU TO MAKE YOUR OWN HERO'S



♥♥♥ Titan

Real name – Annie Anderson
Superpower – Super Strong
Age – 16

Quote – There is no reason a girl can't bench press a car and still have a manicure.

Personality – Annie is complicated, as strong as an Elephant but as delicate inside as a flower! She leads by example and loves her team as they are the only family she has. She cares but has a temper she must keep under control.



Dork

Real name – Wesley Woodward

Superpower – Transformation
Age – 15

Quote – Knowledge really is Power!

Personality – Wesley is a shy, nervous young man and is desperate to belong. He finds bravery as he becomes part of the team but never realises just what a brave guy he is as he only cares about doing the right thing.



Hex

Real name – Richard Richardson

Superpower – Telepathy
Age – 17

Quote – I can hear you, now make me a cup of coffee.

Personality – Hex is arrogant, annoying and completely in his own head. As he has the power to make anyone do anything for him he is lazy as well as why should he try harder. But he learns this is not right... Even if he is still annoying.



Paradox

Real name – Mila Mahajan

Superpower – Time Travel

Age – 15

Quote – Time travel is easy. It's just a question of deciding where to go!

Personality – Mila is a kind hearted and cares about the people around her as they are her only family. Everyone thinks she has her life together but in her personal life she is a complete mess but it is when she asks her friends for help she pulls it together.



Alan

Real name – ?

Superpower – Control's Nature

Age – ?

Quote – “Uhh”

Personality – We know he likes trees and being outside, that is pretty much it.

But we know he is a good guy based on his actions even though he cannot speak.

BECOME A HERO!

‘A true **hero** is constantly thinking about how they can take action and help others. You may be inspired to be a **hero** for a certain cause or issue, or you may try to be a **hero** for someone in need. For example, if you are passionate about the environment, don't just preach to people that they should recycle’



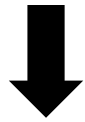
This lesson sets the scene for all of the work your children are going to work through over the coming weeks. In this lesson it is important to let children's imaginations fly!

If they wish to be a giant pirate clown dinosaur princess! That is fine it will not affect the work they will do.

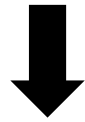
All we want from this first session is their engagement and excitement

BEING A HERO

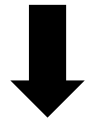
On your first day of training you want children to be thinking about what it means to be a true hero. You could lead the conversation with children by asking



IS IT THE ABILITY TO FLY?



HOW ABOUT LIFTING UP A CAR?



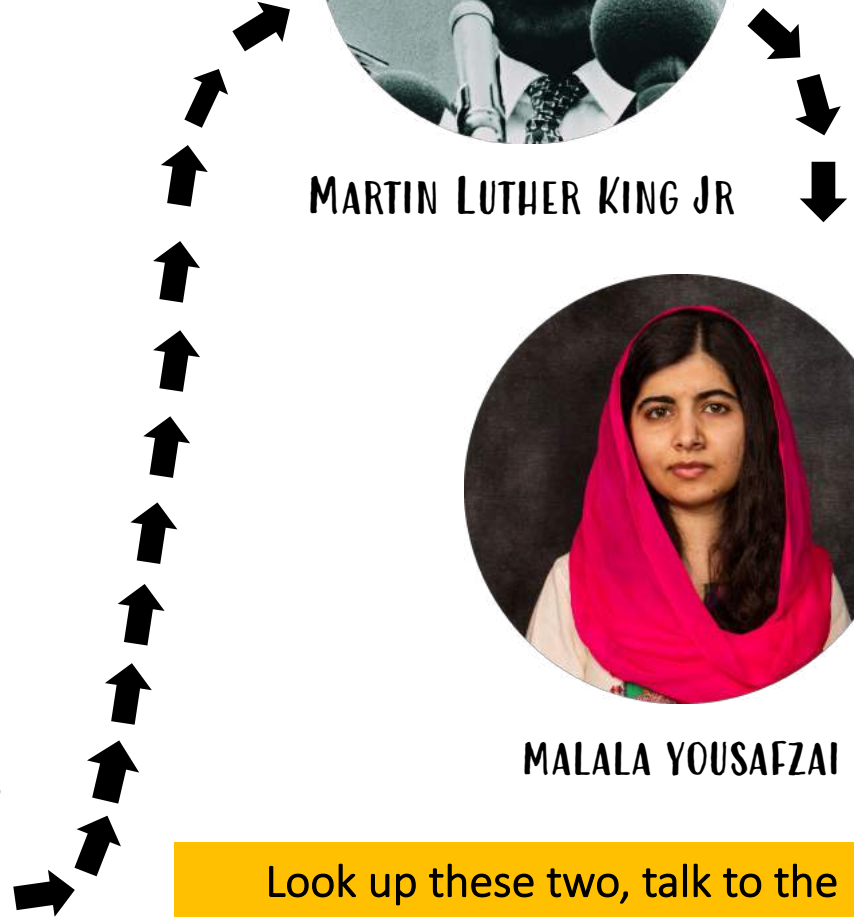
The answer is of course no... These are skills not examples of being a true hero. So use this opportunity to talk with the children about some real life hero's and what they did. For example...



MARTIN LUTHER KING JR



MALALA YOUSAFZAI



Look up these two, talk to the children about what they did and why that makes them true hero's.

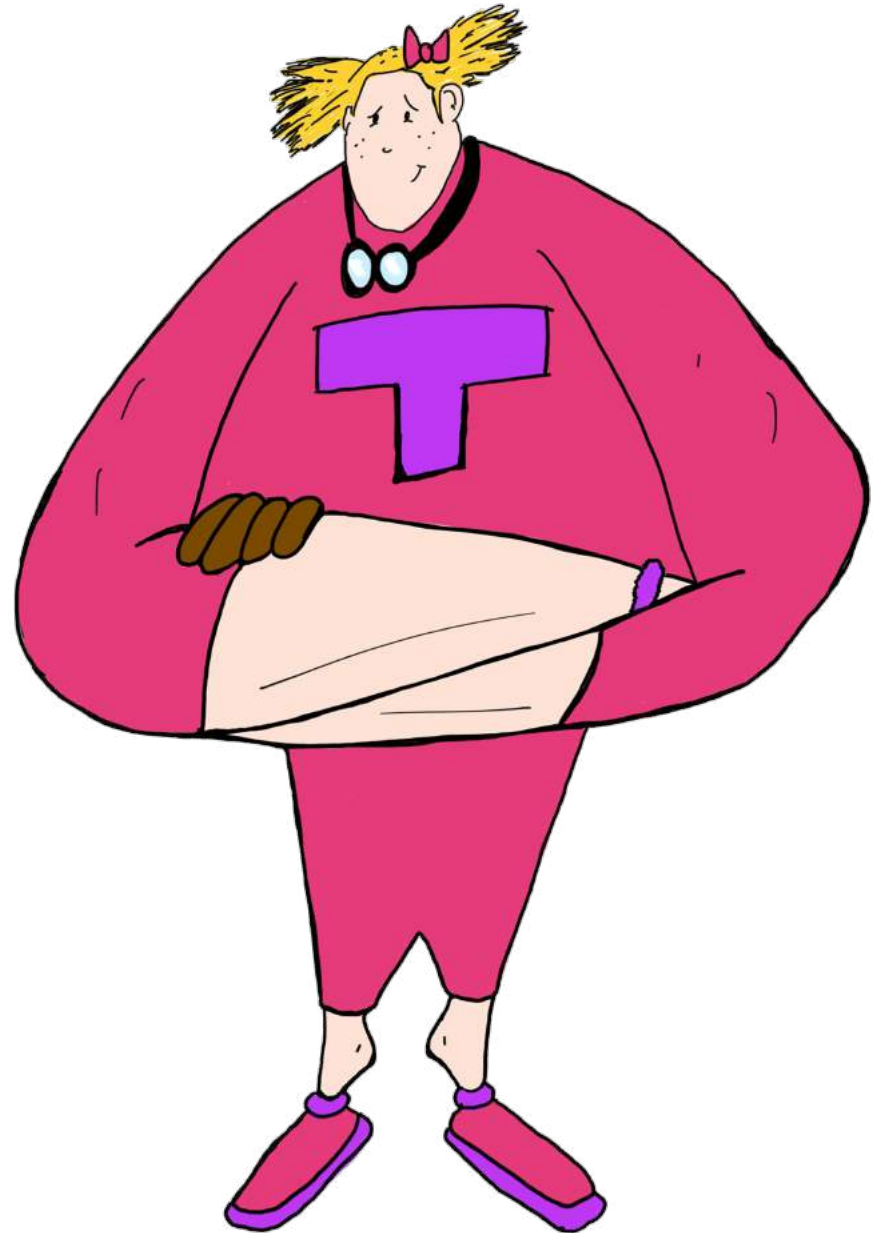
BECOME A HERO

Now we have established what makes a true hero... It is time to let the children's imaginations run wild with what their hero's can do! We suggest you run this part of the lesson in this order

EVERYONE PICK A SUPERHERO NAME

The Remarkables are named after their powers, or because it made the author smile, there is no rule here, it is up to the children...

- Titan (for her strength)
- Dork (for his reading skills)
- Hex (for his mind control)
- Paradox (for her time travel)
- Alan (because it is funny)



POWERS?

Time to pick some powers! We suggest here to limit the children to picking one power each. This is so when they become a team on their table groups, they each bring one skill to the mission and have to work out how they could work together.

EXAMPLES OF POWERS!

FAST

TRANSFORM

TIME TRAVEL

STRETCHY

MIND READER

STRENGTH

FLY

INDESTRUCTIBLE

INVISIBILITY

WHAT DO THEY LOOK LIKE?

Time to get the pens and paper out and have fun drawing your hero! They can be whatever the children want them to be... Whilst they are creating theirs, you can take the time to create yours.

KEEP ALL DRAWINGS FOR YOUR WALL DISPLAY

THE SUPER TEAM!

Now in their table groups they should choose a superhero team name! They can choose this themselves and then you can ask them to create a logo for their team. Once everything is all done it will probably be the end of the lesson! Time for your display.



OUR SUPER SCHOOL WALL DISPLAY

THE
GREAT
ONES!



Super
Teacher!



X-TEAM



BOBS
SUPER
TABLE



THE BEST
SUPERS IN THE
WHOLE WORLD
EVER!



READY!

Your all set Super School! ***Please note**
You don't just have to use the superhero
team names and tables during our lessons.
You could use them for different class times
and assign house points or dojos to the
Superhero teams.



**LETS GET OUT THERE AND
SAVE THE WORLD!**



LESSON PLAN 1
PLASTIC OCEANS



THE PROBLEM

Plastic is ruining our oceans! In this mission you and your super teams will learn about the problems humans are causing to the world around us.

THE MISSION

Gary the Sea Turtle has eaten a plastic bag and is choking! The supers must get to him before it is too late! The super teams learn about the problems facing wildlife because of humans and what they are going to do to stop it.

Environment

Littering

Team Work

Literacy

UN Goals



MISSION BRIEF FOR THE CLASS

Try and create the scene in the classroom using the attached videos and power point presentation.

The President from the books will address the class to ask for their help!

You brief the class on the problem.

The Class discuss the problems in a group round table.

The class break off into their teams to come up with how as their hero's they will stop plastic going to our oceans.

The teams all come back together to talk about how as superhero's they would stop this problem.

MAJOR LEARNING OUTCOMES

For the children to have learnt about the part we all play in making sure our world needs our help to make it a cleaner place for generations to come!

Children understand if they drop litter and discard waste, it doesn't just vanish, it has an effect on all of us.



LESSON PLAN 2
ANXIETY



THE PROBLEM

Children and young people are feeling more and more anxious all over the world.

THE MISSION

Lenny is worried everyday about so many things! The supers need to work out why! The super teams learn and talk about the anxiety children and young people face today and how as supers they could make a difference. The children in discussing the problems of others will hopefully realise the feelings they might be experiencing themselves and want to change them.

Mental Health

Self Care

Friendship

Positivity

UN Goals

Literacy



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MAJOR LEARNING OUTCOMES

By the end of the session children should feel a little more confident about speaking if they themselves feel they are anxious.

They will have a better understanding of the feeling and how everybody can have it.



LESSON PLAN 3
BODY IMAGE



THE PROBLEM

Body Image is something we all think about, some of us don't care very much, some of us care far too much. This can lead to awful outcomes

THE MISSION

Ronnie is spending every morning looking in the mirror at himself and how he feels ugly! The super teams should look at the problem and how our view of what we should look like and what is health for us are so different.

Mental Health

Self Care

Friendship

Confidence

UN Goals

Literacy



MISSION BRIEF FOR THE CLASS

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The teams all come back together to talk about how as superhero's they would stop this problem.

MAJOR LEARNING OUTCOMES

By the end of the session children should understand the truth of body image in fashion and the real world and how it is so important to be healthy and yourself.



LESSON PLAN 4
BULLYING



THE PROBLEM

Bullying has been a serious issue for years and years. Yet we have still not stopped doing this horrible act!

THE MISSION

Yolanda is being picked on constantly and cries every night! She needs help.. The super teams should look at the problem and how bullying needs to end everywhere across the world. The teams could then design posters and talk to other children about why bullying is so bad.

Mental Health

Self Care

Friendship

Confidence

UN Goals

Literacy

MISSION BRIEF FOR THE CLASS

Try and create the scene in the classroom using the attached videos and power point presentation.

The President from the books will address the class to ask for their help!

You brief the class on the problem.

The class discuss the problems in a group round table.

The class break off into their teams to come up with how as their hero's they will stop plastic going to our oceans.

The teams all come back together to talk about how as superhero's they would stop this problem.

MAJOR LEARNING OUTCOMES

By the end of the session children should understand the cruelty of bullying and how it can affect us for years after we leave school.



LESSON PLAN 5
EXTREMISM



THE PROBLEM

Extremism and Terrorism have been around since the time of the Gunpowder Plot. The methods may have changed but the reasons haven't.

THE MISSION

Alice is going online more and more looking at extreme videos and propaganda! She must be saved from the groups now targeting her to join their groups. The children can then create awareness in school that if you feel you are becoming hateful it is important to talk about it.

Mental Health

Self Care

Friendship

Confidence

UN Goals

Literacy



MISSION BRIEF FOR THE CLASS

Try and create the scene in the classroom using the attached videos and power point presentation.

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MAJOR LEARNING OUTCOMES

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LESSON PLAN 6
MODERN SLAVERY



THE PROBLEM

Modern Slavery is infecting industries everywhere and with over 45 million people estimated to be trapped in slavery it is vital we all do our bit to end it!

THE MISSION

Rescue Svetlana from the house she is trapped in by a mean family! Then the super teams should look at the problem and why it is becoming so big. Then think about things we can all do to make sure it never happens again.

Mental Health

Self Care

Friendship

Confidence

UN Goals

Literacy



MISSION BRIEF FOR THE CLASS

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MAJOR LEARNING OUTCOMES

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LESSON PLAN 7
RACISM



THE PROBLEM

Bullying has been a serious issue for years and years. Yet we have still not stopped doing this horrible act!

THE MISSION

Athena is bright pink! She looks different to everyone else and is suffering racist bullying because of it! The super teams should look at the problem and how bullying needs to end everywhere across the world.

Mental Health

Self Care

Friendship

Confidence

UN Goals

Literacy

MISSION BRIEF FOR THE CLASS

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MAJOR LEARNING OUTCOMES

By the end of the session children should understand the cruelty of bullying and how it can affect us for years after we leave school.



LESSON PLAN 8
STREET CRIME



THE PROBLEM

Gangs all over the world are using children for drug trafficking and more! It is happening to children across all class systems and must stop!

THE MISSION

Ben is getting sucked more and more into a gang that want him to do bad things for them but he feels he has no choice! The super teams must work to save him and think about how gangs should no longer gain control over young children.

Mental Health

Self Care

Friendship

Confidence

UN Goals

Literacy



MISSION BRIEF FOR THE CLASS

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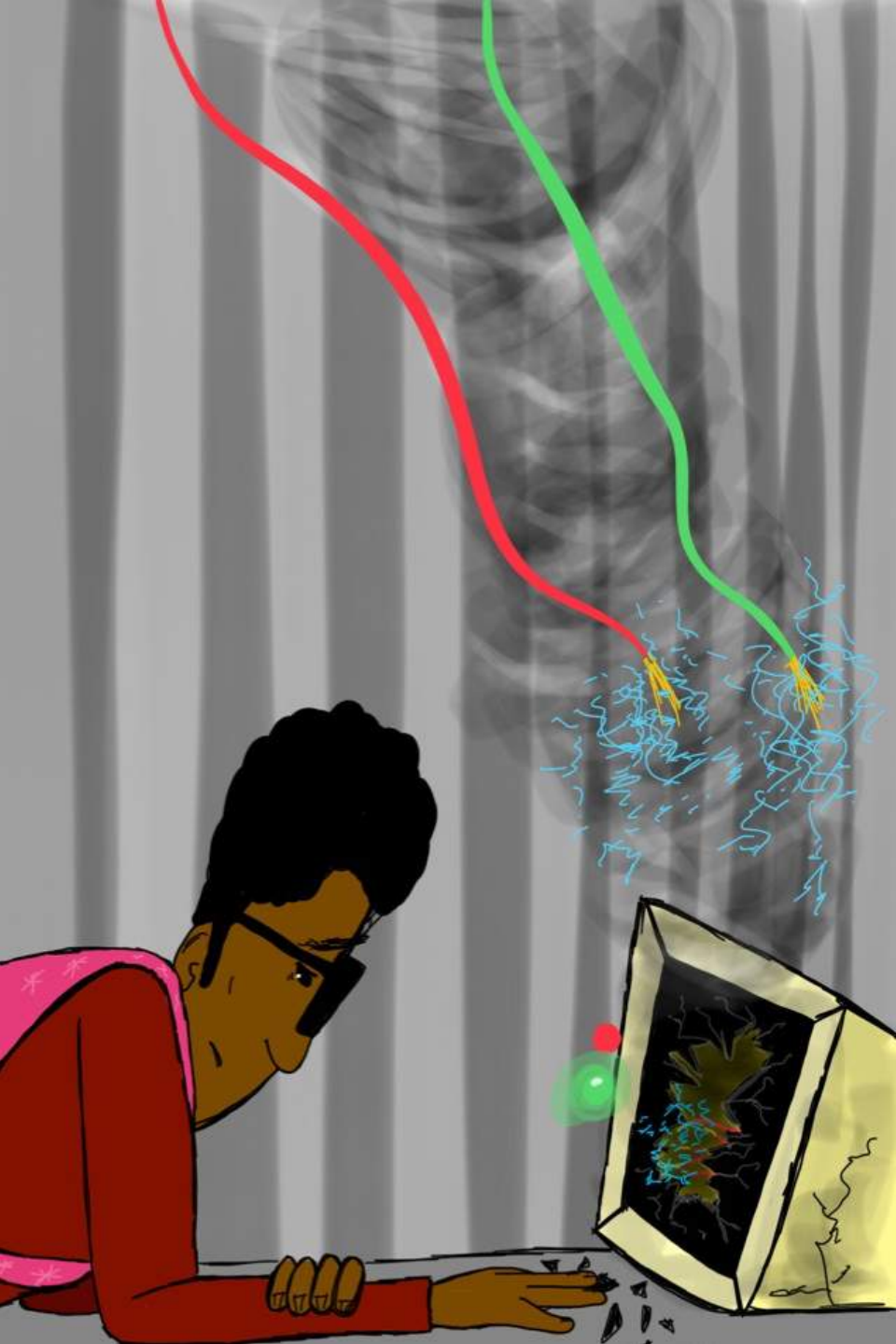
The teams all come back together to talk about how as superhero's they would stop this problem.

MAJOR LEARNING OUTCOMES

By the end of the session children should understand the cruelty of bullying and how it can affect us for years after we leave school.



LESSON PLAN 9
TECH



THE PROBLEM

Tech is becoming such a huge part of our lives and we don't really know how to deal with it.

THE MISSION

Mohamed is on his phone constantly, he is becoming more and more distant from his family and friends and getting sucked deeper and deeper into this strange world. The super teams have to work out how to bring him back and get balance back in his life.

Mental Health

Self Care

Friendship

Confidence

UN Goals

Literacy



MISSION BRIEF FOR THE CLASS

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MAJOR LEARNING OUTCOMES

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LESSON PLAN 10
HEALTH



THE PROBLEM

We are spending so much time eating, watching devices and working in chairs we are getting more and more unhealthy.

THE MISSION

Syd is in love with chocolate biscuits and playing an online war game! She comes home from school and just logs on! This is making her ill but she can't stop. The super teams should look at how they can help her and others bring balance into her life to get moving and have a fuller life.

Mental Health

Self Care

Friendship

Confidence

UN Goals

Literacy

MISSION BRIEF FOR THE CLASS

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MAJOR LEARNING OUTCOMES

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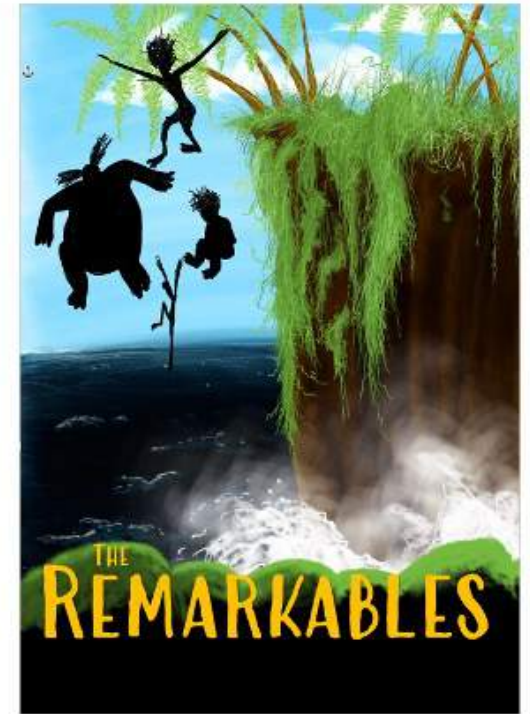
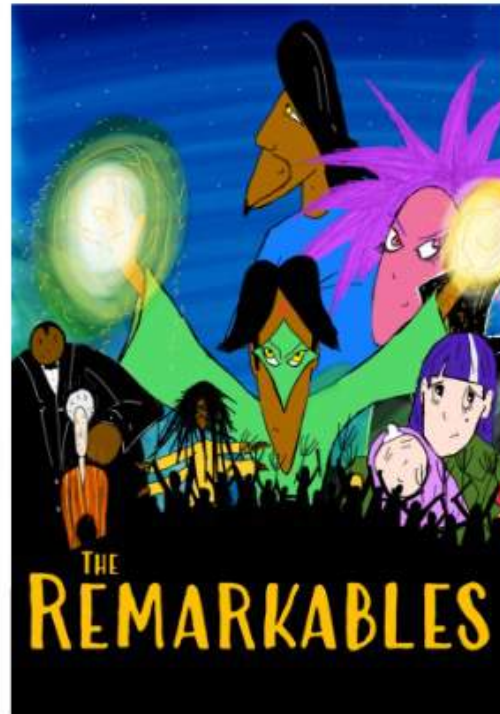
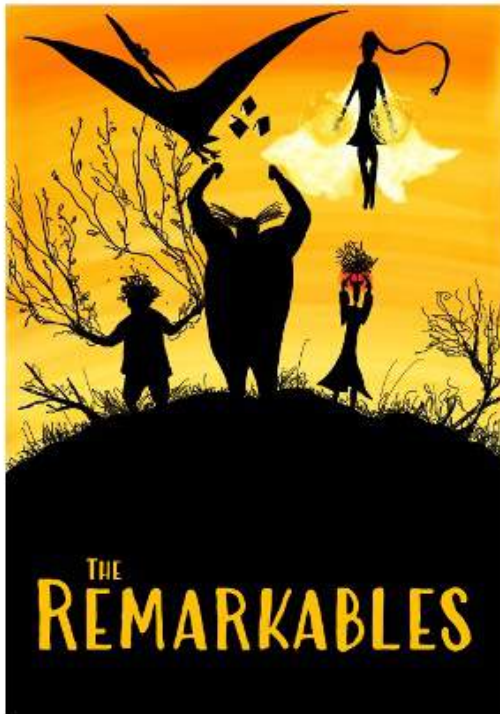
THE END

See you soon for some more adventures



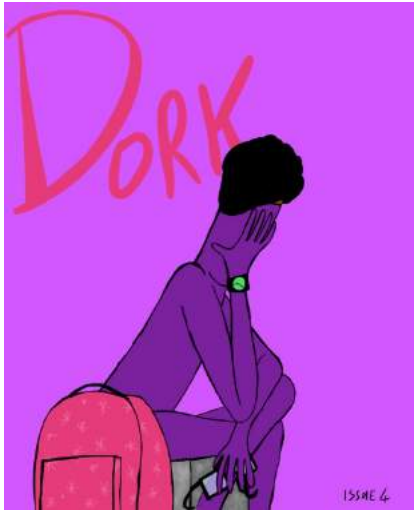
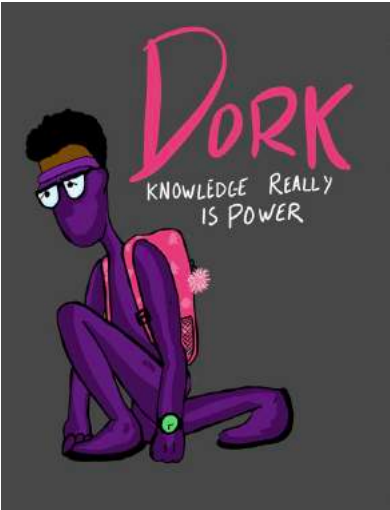
BOOKS IN THE REMARKABLES SERIES

Exclusively on Thinkably



BOOKS IN THE DORK SERIES

Exclusively on Thinkably





A NOTE FROM THE AUTHOR

Hi, I am Phil Knight and I write the Remarkables books. Superhero stories have always fascinated me and when I was at school I always wished we could have pretended to be hero's in every lesson so when it came to writing the books and resource pack I have basically created the lessons I always wanted to do.

My job has always been to inspire teachers and children and I hope with this pack you are able to capture my excitement of making this world a better place.

And have fun doing it!

Phil Knight



THE REMARKABLES PSHE PACK

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